



**Wishing
For wishes.**
Proceeds help
make children's
dreams come true
Page 9

SPOKE

A LEARNING NEWSPAPER FOR JOURNALISM STUDENTS



**Karl tested
green-round
It is possible
even during
the winter months.**
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MONDAY, DECEMBER 24, 2012

CONestoga COLLEGE, KITCHENER, ONT.

WWW.SPOKEONLINE.COM

42ND YEAR NO. 21

IT'S MONSTER MADNESS IN ELORA



PHOTO BY ROBERTO SANTOS

Glowing ghosts and goblins light up the night at Tim Horton's Twilight Zoo, located at the Elora Centre for the Arts. The exhibit runs until Dec. 21. For story and more photos, see Page 6.

New shuttle services residence, new campus

BY NICKY VELLA

Conestoga Students live in providing a new shuttle service this year so the students, staff, and faculty who have valid student and employee ID cards. The free shuttle does a pick up every 30 minutes on four locations, the Conestoga residence, front door bus stop, outside Donors' Wing and Dace 3 and at the front entrance bus stop at the new Cambridge campus. The maximum capacity is 30 people with no standing permitted.

The service starts at 6:30 a.m. every day at residence and has its final drop-off at 10:30 p.m. except on Fridays when it ends at 10:30 p.m.

Along with this new service, there has been a reduction in the parking fee. It no longer takes 10 plus minutes to get off campus.

First weeks into the fall

semester, the majority of students are now familiar with their schedules. That means positive improvement for the parking lot congestion issue especially after 2 p.m.

Mark Rakhala, Conestoga's security and parking services supervisor, said another reason for the congestion is decreasing because students have not familiarized who they are able to depend on. He makes the rule to not have school more enjoyable and not drive on the number of cars going in and out of the parking lots every day.

Take after nine students and staff often drive alone to the parking service, despite most to keep the traffic flow smooth and steady.

"I suggested about every year that we stop each vehicle either an entry or exit from the parking lot and have a pay as you go method. However,

the traffic congestion would be much worse than it is currently," Rakhala said.

She also said drivers who don't follow parking regulations are being ticketed every day.

"It is not unusual to have more parked today," she said.

People are given tickets for not having a permit, having an expired permit, parking in a fire lane or head into a fire lane or head into spaces parking in the wrong lot and having illegal permits to name a few although it is still not that major in fact approaching.

Shuttle driving can also draw traffic because people drive around carelessly with the right pay rate.

"The facilities management works very hard to ensure that our internal roads are safe and clean," Rakhala said. Every year there are always minor binder benders at the



PHOTO BY NICKY VELLA

The new shuttle leaves Conestoga College's Guelph campus after making a stop at the P-wing.

parking lot. It is caused by the salt materials and salt left running to clear and reduce heat. So far this year, there have been no injuries and only minor damage to vehicles in parking lot accidents. Rakhala said.

Now deep thoughts ... with Conestoga College

Random questions answered by random students
What's your favourite scary movie,
and why?



"Now, it's so gay and I'm afraid it could actually happen to me!"

Anna Dostie,
Final year
health information
management

"The Exorcist. It's so realistic and it makes you look at it like it's not for humans."

Kate Piotrowski,
Second year
graphic design



"It's because I'm terrified of ghosts and I like being scared."

Carley Luskens,
First year
utive visual communication



"The Crucible. I like movies that are really suspenseful and creepy."

Taylor Armstrong,
Second year
marketing



"What Lies Beneath. It was the first movie that actually scared the crap out of me."

Cassandra Taylor,
Second year
marketing



"Alien. Not seeing the alien was the scariest part."

Brianna Cook,
Second year
advertising and marketing
communications



Bethany Coughlin: you could be our next superhero!

Flapjacks anyone?

Students flip
20,000
of them

BY MELISSA SCHROEDER

An army of 100 volunteers set up booths on Oct. 6 throughout Conestoga College to flip up to 20,000 flapjacks, pancakes and waffles for the 11th annual Okanagan Family Breakfast at Waterloo Public Square.

"I got here at 8:30. I was running on sugar and pretty much had a three-hour nap and then came back," said Jenny Pihlava, a student in the culinary program.

Cooks — including chef Philippe Bourassa, had to set up on the road the night before and arrived at four that morning. "It has to be fresh," Bourassa says.

When asked if there was a progression in the flapjack program, Bourassa said, "We're collecting money, but they don't have a choice." He then chuckled and added, "It is completely voluntary and the students love to do it to give back to the community."

Diane Lapage, while on the same year chef, was running the pancake booth, giving griddle tips and all our staffs are volunteers or former students," she says.

Many students come back after graduating, including those who have gone on to open successful businesses.

However, mostly about 100 volunteers will be on hand every year to help those who had been abstaining from the flapjacks for years. Having one of his students stand a counter or two away, he found a position that he had to make with a day after graduating, he said he also had to be told there would be no repetition of the process until the next year.

The last year had students flipping and cooking up to nearly 20,000 pancakes and 6,000 waffles. Local media celebrated, saying along with syrup and Whistler's pink cake.

Because the program, on estimation, has made \$100,000 at the event for the 10 of the 11 years it has been held.

Erik Brown, a second year student in culinary management, said, "My mom up I was flanked on Friday so I was



PHOTO BY ANDREW MCNAUL

Jenny Pihlava, a student in the culinary program, attempts to catch a pancake tossed by Chef Philippe Bourassa. Oct. 6. Jenny keeps her eye on the flying pancake as the challenge of catching them becomes harder.



Students were asked to bring a non-perishable food item for the Food Bank of Waterloo Region.

Atrial fibrillation (AF) is a heart rhythm disorder that TRIPLES YOUR RISK OF STROKE.

LEARN THE SIGNS OF AF

Schools' food bans are just nuts

BY ALICEA PERRONE

The days of spreading some peanut butter and jam on a few slices of bread and sending it to a paper plate with your child to school are long gone. Most of us know someone with a peanut allergy and all of us are well aware of the case law that exists in most elementary schools nowadays. But that month or even more without peanut butter was handed down from no less than a Katherine Catholic school, kindergartners are no longer allowed to bring food items containing dairy or eggs.

The contents of the affected boy's lunchbox were even given a list of allowable foods for yogurt and pretzels, yogurt alternatives and substitutes, whole grain breads, a small list of allowed deli meats and specific brands of snacks such as cookies. Most were expensive, many expensive and only able to be bought from specialty stores.

They must be joking.

Kindergartners in Oregon, deadly serious and on a spry diet with parents of children suffering from potentially fatal allergies. Many of us even have those allergies, but children - growing children - can't really be expected to eat potentially dangerous foods, can they?

Peanut butter is deadly, it's oily and can readily be transferred by little fingers. It is also a major cause of peanut allergy. By being unavoidable in eggs and dairy or almost certain of and so important when it comes to a new lifestyle enter 20 or more students due to one little boy who likes a peanut butter sandwich as an otherwise unbeschreibable problem.

Even the boy's father agrees. In a statement to the Willamette Region Board of Education that month he had an intention of creating a problem for other parents. He simply stated he didn't discriminate in his own home, regarding students shouldn't be eating lunch at their kindergarten. Simple.

But that wasn't the school board's reaction. Because their policy is that kindergartners need not impose from the rest of the school, they issued a ban instead.

What they need to do is change that policy instead of scrapping new ones. When the children eat outside their classroom, book, even later the peanut children are an after-of-eats mess with a lunch buddy or two.

The two sides should work together to come up with a compromise that works for all. Or soon our students will be eating in solitary confinement.

The names don't represent the position of the newspaper, nor necessarily the author.

Letters are welcome

Speak volumes letters to the editor. Letters should be signed and include the name and telephone number of the writer.

Letters will be edited for publication. Unsigned letters will be published.

Letters should be no longer than 500 words.

Spoke reserves the right to edit any letter for publication. Send letters to www.spokanewire.com with the subject line "Letter to the Editor," or writing them to Room 2020 at the Spoke offices.



A Spokane school is now banning dairy and eggs from lunches

The cost of our future

Chances of higher education limited by wallet size



Cascie
Federal
Credit
Union

Ever since we were young, we were told that education is important. It will get you a well paying job and help you succeed in life. Don't get me wrong, everyone who told us that was right, however, not everyone can get that post-secondary education that they dream up to help.

The main reason is that the cost of tuition is ridiculous. Every year students are expected to fork out thousands of dollars for an education to help them get a greater career. That's all well and good if you have the money, but what if you don't?

Many students rely on OSFAF, but unfortunately these students will be paying out off the grants to tuition. Tuition alone is in the thousands every year and that doesn't include books, living expenses and transportation.

In my opinion I think we should be paid to go to school. I know that sounds a little far-fetched but could

you imagine how many people could go to school and to live their lives if they didn't have to pay? If not there are thousands of kids who have brilliant minds and would thrive with a better education but due to their financial status they can't afford to partake in anything else.

There are so many students who deserve the right to go to school, no salary change is needed either.

I'm not saying tell kids all through grade school and high school that if they go to college for the job they want they'll be set for life. Personally that's what I got out of high school, they constantly drilled into our heads that it was necessary to go to college.

But if you can't afford

it and your parents can't either, what are you supposed to do? You, a part time job will help but that money will go pretty fast and working a job and going to school is difficult, especially at same time.

The solution need is make our parents proud is a easy step part to going on applying for the free. The world taking you up here is "The Disappointed" from your parents. No one likes hearing it especially when it comes to education.

My point is, everyone deserves a higher education. Most of us what a future we've never not had during a job we hate. Since we are going to be working for most of our lives we need to have all educational doors open to us.

We all deserve that chance to be the best that we can be regardless of where we came from and the opportunities we got or didn't. Your financial status should't define the rest of your life.

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Letters, Opinions, Letters, Opinions

T'was the night before puck drop

By Al Spindt, editor, the
NHL Players' Association and
the NHL and not reached on
agreement.

Two the night before puck
drop when all through the
town,
Not a player could be found
not even Peter Kalena.
The cable bill was paid and
new flat screen bought,
In hopes that hockey brews
soon would be fought.

The commentator was
noted all song in his head,
With voices of men brawling
danced in his head
And I in my bath paper had
just settled in,
For another regular session
with lovely a sis.

When out of NHL headquarters
there were seen a chapter
No games to be played, not
even in Phoenix where games
barely matter
Every in my television I saw
like Tolkaan
Turned to silent and said
"Please say it no more."

The light from the television
illuminated my face.
As Bob McRae muffled
my most fears
The owners locked off the
doors and turned off the
lights.
"We can't find them skated"
"We can not for your fight!"

Coaches and players packed
and fought.
While the fans waited for the
tickets they'd bought.



Ross
Mendoza-
Gutierrez

"More money," he
wrote over from their private
youth.
It's not the last, as several
times the players thought.

And on and on they thought
on bats,
And used the bats as their
rackets.
"Please phone," the fans
said, give us back our
Saturday night.
But owners and players said
on the line "Go away, this is
not your fight."

No Toronto, No Montreal, No
New York or Boston,
No Winnipeg, No Anaheim,
No Vancouver or Edmonton,
From the top of the nation
Bottom did call.
"Now go away, go
away all."

And on I sat and watched our
game do.
My heart looks I missed it.
For if they could take away
purpose,
Then they could truly be no
greater shame.

There on a twinkling dinner to
my home.
What can we do that will
make them feel pain?
What if we just stop buying
their NHL stuff?

That would surely prove well
but enough.

No phones, no coffee cups, no
tissues at lunch time,
No home runs no big chugs
to big cups or flats
Up the top of my rooftop I
clashed my plane.
No more, no more, no more
from the fan!

Then one by one the lights
blurred on,
Because I ran to my door and
out to go home.
And what to my wondering
eyes did appear?
But a lone running Batman
with a look of fire.

He was all dressed in American
team head to tail.
And accompanied with many
tiny lawyers to lead
A team and done in what
they had to do.
"Stop that loudness, or
you'll be up a tree."

And so you may ask, what's
all the fuss?
The owners and players are
not for us.
This this may be, but one
thing they do,
If the owner stops coming
They'll notice that!

And with that,
Batman sprung to his form,
in his lemons he whooshed.
Then they jumped in their
cars and flew like a missile.
But I heard him cawing as
they drove out of sight.
"Merry by Christmas, you'll
see Hockey Night."



ZOMBIES INVADE CAMBRIDGE

Resident students had
two hours yesterday to
"Dramatize" in video cameras
at campus locations. When
Zombie special forces CSM
Morris and right, roller girl Jane
Made, are on the rounds for visitors on Oct. 29.

Below, Zombie bride Amanda
Weller and her undead
Bride Groomsterisher prepare
for their ghoulish wedding.



PHOTOS BY
ROSS MENDOZA

KILLER



COUNSELLOR'S CORNER: Change

As you begin your new semester at college, you will begin the process of change. Whether you are leaving your parents for the first time or you are parents leaving your children, the transition will feel exciting and perhaps a bit stressful too. Change means an ending, and even if you are welcoming this change, it's natural to resist new ideas and ways of doing things. William Bridges, who writes about transitions, says four things can help us through that uncomfortable time between the old and the new:

1. Try to do things that make you feel more in control. By getting the information you need to find your way around.
2. Understand that this is a transition time and if you feel overwhelmed, it doesn't mean going to school was a bad decision; you are just in transition.
3. Find support systems in your family, old friends, new friends, your teachers and counselor.
4. Keep in mind your purpose in coming to school, focus on the outcome.

Remember you are not alone in the transition time. If you do need more support, talk with a counsellor in Counselling Services at your college. Services are confidential and free.

A Message from Counselling Services.

THE MONSTER GUY RETURNS

BY BETHANY BARTH

Darkness falls over the quiet village of Elora this month, with ghouls, goblins, ghosts and witches ready to delight and entertain visitors at their Twilight Zone home, The Twilight Zone.

Lurking about the grounds of The Elora Centre for the Arts, the site is home to dozens of wax and paper mache monsters representing everything from cartoonish monsters to scary spiders.

The creative mind behind these creatures belongs to none other than artist Tim Marion, whom the local children have affectionately dubbed "The Monster Guy."

It all began 18 years ago when Marion's doctor suggested he create something with his hands in order to help him relax. After working as a ceramic artist on over 40 feature tiles, including *The Piano* the most famous had taken its toll and had left him in need of a creative outlet.

"I made little ghouls and hung them around my house down by the river, and the neighborhood kids would run over them," said Marion. "So the next year I made a few more and a few kept getting bigger and bigger."

To create the sculptures, Marion makes a wax base and then covers it with chamois cloth. Once the cloth is stretched and the base begins to take shape, it is glued onto the frame. The sculpture is then built up with layers of paper and more glue, creating a textured skin over the wax, which Marion said has very good durability properties. After adding more layers of chamoiscloth, several layers of newspaper and some more glue, the piece is ready to be lit and to sit on a shelf of its own.

**It's embracing
the dark side
having a giggle.**

— Tim Marion

"Working with wax is like drawing on air," he said. "We're very malleable and expressive and when you stretch the paper over the wax, it stretches so it stretches between high points to it looks a bit more solid."

People come from all over the area just to catch a glimpse of the artist's batch yard monsters after taking a peek off and area, only receiving complaints, Marion said he reached his



PHOTO BY BETHANY BARTH

Elora artist Tim Marion, who won a prize in Martha Stewart's 2003 Halloween contest, stands inside his workshop with one of his dozen of Halloween sculptures he created for the Twilight Zone at the Elora Centre for the Arts. The exhibit runs until Oct. 28.

hand a hand of responsibility to the community.

Marion's partner, Julie Drennan, helped find, organize and manage volunteer crews and workshops for the Twilight Zone and Monsters Parade.

When the two met about six years ago, Marion had already created quite a collection of critters.

"He was leaving Elora soon and he paid for a small fee in hopes of decreasing the cost of getting it together," she said. "He wasn't making enough to even pay for his materials, never mind the hydro."

A natural problem solver, Drennan encouraged Marion to go to the Elora Centre for the Arts. "When I'd been doing the Monster Parade Parade for the previous two years," she said, "I contacted the arts centre and a new event called the Scare Fair, with all that, it offers me more work."

The Scare Fair is a week-end long, Halloween event organized by Drennan each year, and includes a Monsters March Parade down Main Street and along Hill, leading guests to the wax and art at Twilight Zone. This year's fair was held at the Elora Centre. Special guests included ventriloquist Tim Hellard, the Paper Theater and magician Robin the Magician.

Bringing out the wax is not only an memorable adventure, it also shows the day,

but an overwhelming, tiring effort at night.

"Tim is a very creative and talented artist," she said. "He is very charming, funny and even a little weird. He can focus on a creative project and produce things that are truly amazing."

Marion said his monsters are designed to be ugly and repulsive; no people are adjusted to an ugly and repulsive view.

In fact, the centre offered three lantern-making classes this year with the Monster Guy as instructor.

"This year we did spiders and skulls and rats," said Marion. "People work hard and at the end of it they have something to look back on that has been challenging and rewarding for the whole group."

Inspiration for the exhibit comes from Marion's love of the area, his local history and the need for an exhibition based in the outdoor setting.

From one end of Ontario until Christmas the village could represent a significant dollar in tourism. Marion said he figured Halloween was the perfect time to highlight the area.

"I am a great believer in community development through the arts and making the arts work," he said. "People who come to Elora expect something kind of weird and quirky. They come for a certain kind of experience, so we give them that when they come."

Marion said he uses the

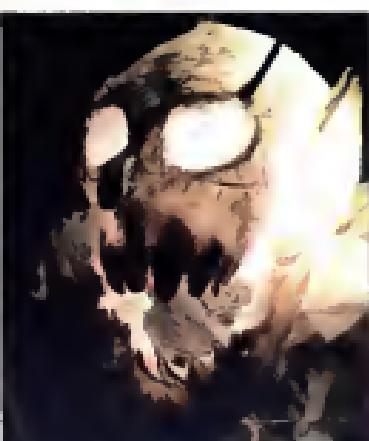


PHOTO BY BETHANY BARTH

A glowing sculpture glows through glowing jaws at Tim Marion's Twilight Zone in Elora.

work as a little window in the cultural calendar where everybody gets to be creative and makes sure he keeps the ticket prices down so families can afford it.

"We get to see art in a very intimate environment, it's not like going into a gallery and looking at a painting on the wall," he said. "The

good opportunity to support the arts and to see something that's kind of weird, but it's not like going to a gallery and having a page."

For more information on Tim Marion's Twilight Zone, including ticket prices and directions to The Elora Centre for the Arts, visit www.twilightzone.ca.

Creative Costuming

You don't have to gut your wallet to dress up this Halloween

BY KRISTINA DIBBLESS

Buying group isn't easy especially when you have to buy that perfect costume.

Halloween is just around the corner and many of us are still deciding whether to go all-out or keep it simple.

Since money is usually the main concern for a fun costume, prices are ridiculous — buying a costume is at least 10% of the cost just by the way it goes.

Fortunately there are the parents of teens suggesting shopping at a consignment

or thrift shop. According to the website Those Cool Things, such an old recipe, such as an old recipe doesn't cost much and cheap doesn't mean the costume has to be bad that would be perfect for a Halloween costume.

Dawn Robinson, a 43 year old Bethesda mother of three, said she would make her children's costumes rather than buy them.

"Costumes are expensive to buy, especially when you know that your child is likely going to wear it once or twice," said of buying a new

Halloween costume every year. I make them from odds and ends around the house, or I bought them from some stores like Value Village, the Eagle Rock half of that," Robinson said.

"The reference is around over \$50 on an outfit that your child will wear once and never again."

According to parenting expert.com it doesn't take a costume or tailor to create a great Halloween costume. The website suggests to look at photos of costumes, and then see if it's possible to make a

costume from things around the house.

Another way to save money this Halloween is to swap costumes with another family or to use hand-me-down costumes. According to parentingexpert.com, swap that idea are happy to swap or whatever their older siblings, or family friend has worn.

TJ Wright, a second year student in Georgetown's pre-law/bachelor's and law program, said the price to make his costume is half my salary.

"I think that they Halloween costumes are expensive that's why we always when it comes to get costumes because you pay \$100 or so to wear family clothes so I'd much rather make my own costumes, and my brother TJ and my mother less money but also if I were to make my own costumes, I could make it fit better than everyone else," said Wright.

"Buying from pre-made costumes takes the time to either stand out there for the costume."



You can still find a fun and unique costume by buying inexpensive materials and making one from scratch such as the hamburger dress (bottom right) or using things you have lying around the house which was done for the zombie cheerleader girl (top left). These ideas are a great place to try cheap clothing that you won't be afraid to end up and get worn out with.

Photo: Kristina Dibbles



October Workshops and Networking

University Planning Workshops

Afford to learn about:

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Log in to MyCareer to register for workshops and events,

or check out the many resources for career planning

on the Career Directorate website.

Check out Student Ports,

jobs in the "Recruit" tab.



Halloween is looking very sticky but also very creative this year

BY ANDREW STANICK

More people think of their tape as something used only for bandages, but there is a whole other side to the sticky tape that you never thought was there.

Dark horse has decided to promote its more than 10 different colors and patterns, and that's why so many have acquired some people to get creative.

Crafters use the tape to make everything from decorative flowers and wreaths to clothing and accessories and it appears to be a big success for such items.

In Canada, these colourful tapes can be purchased at stores such as Michaels, Staples, and Wal-Mart, and they range in price from about \$8 to \$12 for some colours such as red and blue all the way up to \$15 a roll for the new glow-in-the-dark tape.

Once you leave the house of anything with dark tape, it only takes a little practice before you can move on to big projects such as creating your own costume.

Jessica Weisner, 20, of Philadelphia, Pa., got started creating with dark tape when

she was just 11.

"A friend of mine showed me a wallet that he had made. I thought it looked cool so I went home and started making things, and have been doing it ever since. I keep doing it because I enjoy the creativity and being able to make things that are cool," she said.

Weisner now has the most popular dark tape channel on YouTube where she posts short tape tutorials and collections videos to show off what has made and shows others how they can make their own. The tape can be used for a wide range of crafts and projects.

"Whether you're never going to whale anyone out of dark tape but he has made different accessories that could be used for Halloween."

"I have made a few different things that could easily be incorporated into a costume like a Captain America hat and shield. There's been one and an Ace Ranger from 'Din-Mon,'" he said.

Whether you're making your costume out of dark tape has some benefits over purchasing a costume. "Using dark tape will make your costume totally unique and also give you a

way of customizing it any way you like. It's also especially a lot cheaper than buying an entire costume and paying."

Sasha Pino, a 16-year-old from Mississauga, Ont., is a free-spirited Michaels shopper. She said she never thought of using dark tape to make a Halloween costume, but she thinks she's found a new idea.

"It might be cool to create a mask or something like that. I come to Michaels and I see all the different colors and just types of tape that they have. There's definitely enough to work with for the costume."

It may seem like dark tape may be overdone, but it may just add some creativity to a once-boring costume," Pino said.

Dark tape isn't only for Halloween costumes, it can also be used to create decorations or even to create a pumpkin. Dark tape runs a contest each year for pumpkin decoration, the current winner is something called "Pumpkin Patch."

For the rules or to enter your own pumpkin, visit the Dark Tape page at www.thedarktape.com/pumpkin-decoration-contest.html.



PHOTO BY ANDREW STANICK

It's amazing what people have learned to do with duct tape. Such a simple item has transformed itself to a staple in fashion.

CONESTOGA

supports

United Way

MON
TUES
WED
THURS
FRI

10/21
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10/23
10/24
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10/26
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10/30

10/31
11/1
11/2
11/3
11/4

PUMPKIN CARVING FUNDRAISER
10am - 2pm
Hosted by United Way Student Committee

KNOW THE LYRICS FUNDRAISER
12pm - 1pm
E Wings
Hosted by Business Foundations

UNITED WAY DAY
11am - 1pm
Hosted by United Way Student Committee

SPORTS DECATHLON FUNDRAISER
12pm - 1pm
Hosted by Business Foundations

MUMMY WRAP FUNDRAISER
12pm - 1pm
Hosted by Human Services Foundations

PUMPKIN APOCALYPSE FUNDRAISER
1pm - 1pm
Hosted by Human Services Foundations

SILENT AUCTION
11am - 2pm
E. FISH POND
Hosted by United Way Student Committee

OCTOBER
NOVEMBER



Participants embark on their walk during Children's Wishmaker Walk for Wishes on Oct. 20. The walk raised money for the Children's Wish Foundation of Canada.

PHOTO BY STEPHEN RODDICK

Making wishes come true

BY STEPHEN RODDICK

Kitchener's streets were lined with walkers on Oct. 13 as people came out in force to support a good cause, Kitchener's Wishmaker Walk for Wishes.

Approximately 1,000 "Wishmakers" took part in a walk around the streets of Kitchener near the Kitchener Memorial Auditorium Complex to help raise money for the Children's Wish Foundation of Canada (also known as Children's Wish).

Children's Wish aims to provide children living with life-threatening illnesses with the chance to have their most granted and enjoy something that will increase their happiness.

This year's walk came in three categories: travel, gear or advocacy. Once a child has had her case medically approved, she gets to choose a wish category. This year's advocacy category was the largest, with 40% of the money raised.

The walks became more important to the family when their daughter became sick. The experience of having to take her in and out of hospital trips opened the family's eyes toward children who were struggling with illness.

"We had to look at kids who are really sick and not feel sympathetic," said Debbie. "Seeing what some of these kids go through made us feel like helping out."

At the end of the walk, all

of the participants went back to their starting location, the Kitchener train pad at the Kitchener complex, to celebrate.

Participants were served beach and smoothies but the celebration was also continued and featured multiple speakers, one of which was a family who experienced first hand the importance of Children's Wish.

"The reason that is celebrated at the event is just unbelievable," said Adam Portnoy regional supervisor for Children's Wish in Kitchener and also organizer of the event. "It is especially emotional for the families who have lost a child to a serious illness."

Every year there are thousands of Canadians between the ages of three and 17 who are diagnosed with life threatening diseases and since 1984, Children's Wish has granted over 160,000 wishes.

The event is of great importance to Children's Wish - it is the largest of their annual fundraisers. The walk has a direct effect on how many children actually get the opportunity to have their wishes granted.

The Greater Kitchener branch of the organization has over 300 pending wishes, 94 of which are from the Kitchener-Waterloo area. These kids are depending on the success of Children's Wish.

Dobkin hopes that this year's walk will raise around \$150,000, which would go up from last year's total of \$120,000. She urges more people to come out and participate in future walks.

"Nobody is ever sure to stay out," said Dobkin. "When people come they say that they can't believe how amazing the day is."



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Breast reconstruction a viable option

By JESSICA REEDER

For many women who have been diagnosed with breast cancer, a mastectomy is considered an almost loss of their breasts, but it doesn't have to be.

Breast reconstruction surgery is an elective procedure that can recreate the appearance of natural breasts from whatever exists a woman's chest so (in other words) if all removal of tissue is both of her breasts.

This procedure is available through hospitals, but the problem is some women are unaware of this option and how accessible it is.

According to Dr. Robert Shander, a plastic, aesthetic and reconstructive surgeon at The CancerCare Surgery Centre in Waterloo between 10 and 20 per cent of women who have had a mastectomy or breast surgery have had reconstructive surgery.

"This is a number that Shander has passed the light to me," he said.

"General surgeons... will take a half or a third of a woman's breast off and they'll say 'you'll be fine,'" said Shander.

explaining one of the reasons women want well-reformed about their options.

"We don't complain reconstructive and let them go we give them problems. But you can chop off a woman's breast and say 'Geez, I have a nice life,'" he said.

Shander has been performing reconstructive surgery for 10 years and said that is a low level of awareness and the only problem. While some women may not know about this surgery option, women who know the procedure available may have a lot of misconceptions about it.

One of the major myths is reconstructive breast reconstruction is to build up the same amount of tissue as a patient's previous, but in fact the process, from start to finish, is completely covered by the Ontario Health Insurance Plan.

The misconceptions don't end here they continue on once a woman has made the decision to have reconstruction.

Reconstructive surgery does not need to be part of the overall a week after a mastectomy.

"The best way to do it is on the day of your mastectomy,



Supporters of breast reconstruction during last week's Day of Breast Reconstruction Awareness Plan in Waterloo on Oct. 12.

Women think 'I would be down and going to sleep with this breast, it would be great if I could make up one'" said Shander.

The debunking of some of the related misconceptions is one of the reasons Shander is

pushing the campaign to raise awareness of breast reconstruction — a campaign that kicked off with some fun on Oct. 12 in square Waterloo.

A black mat of enthusiasts in dresses in Waterloo Town Square enjoyed the afternoon of pleasure at approximately 12:15 p.m. While people walked around, flyers were handed out for the Breast Reconstruction Awareness Day dinner at the PTA, where Shander was the guest speaker.

Cost of Alzheimer's to balloon to \$153b by 2038

By JESSICA REEDER

Alzheimer's disease has a significant impact on families, and society. It costs \$15 billion per year to support people with Alzheimer's in Canada, and it's expected to cost \$153 billion per year by 2038.

The cost is rising due to people living longer and because there will be a higher number of older adults at that time, according to Bill Morris, public education co-ordinator of the Alzheimer Society of Cambridge. (He explained what Alzheimer's is, its impacts, and how to prevent it during his visit to Trinity Anglican Church in Cambridge on Oct. 12.)

"If someone is worried about themselves or a friend or family member, they really should go see a physician," he said. "But when they begin to see the symptoms of Alzheimer's, that's when they need to get checked out."

The 10 warning signs of Alzheimer's disease are memory loss that affects day to day abilities, difficulty performing tasks that have been familiar to someone their whole life, problems with simple language skills, disorientation regarding judgment, problems with short-term thinking, misplacing things regularly, changes in mood and

behaviour, changes in personality and loss of initiative. If someone thinks he has Alzheimer's disease, or if a friend or family member thinks he does, the person should have a series of medical tests. Typically doctors will want to know the person's medical history as well as his mental status. He will then have to take part in a physical exam and several laboratory tests. Later often, he will have to go through psychological evaluations.

Morris explained why it's important to have an early diagnosis. He said an earlier diagnosis reduces the risk of depression, confusion, errors in treatment and over-medication.

"When someone has Alzheimer's disease, their family are often amazed by it because they have trouble doing things themselves," said Morris. "You'd think that person is able to tell him how to perform basic financial tasks."

An early diagnosis also allows people time to adjust to having the disease and provides them with the opportunity to plan for the future.

Morris suggested various ways to prevent and reduce the risk of Alzheimer's disease (he said) and people need to think more about their



Bill Morris (left) speaks about Alzheimer's disease to, and visits the Alzheimer Society of Cambridge dinner, at Trinity Anglican Church in Cambridge on Oct. 12.



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You can eat locally even in winter

BY CALLEIGH McLELLAND

These days it seems that almost nothing is "Canadian" and almost everything is "Made in China." Even the food we eat often comes from tens of thousands of kilometers away, and because of that, Canadians are able to eat winter fruits and veggies like year-round.

While importing foreign food is beneficial for the world economy, it is also important to buy locally-produced food.

And eating local is easy, even in the winter.

According to Poulsbo Waterfront Market, "you cannot hold local at every meal in every place day of the year. It's just a matter of being prepared."

Even with cold temperatures that approaching and markets slowing down for the season, there are countless foods that are available, and even harvested throughout the winter months and year-round.

Fresh, for example, are generally harvested until Nov. 15, but are always available. Carrots, parsnips, leeks, onions, asparagus, lemons, sweet potatoes and turnips are also available locally until late winter.

And don't forget about meat, eggs and dairy which are all produced and available from Jan. 1 to Dec. 31.

For those foods that are only available throughout the summer and fall months, Poulsbo Waterfront Market suggests buying up on fresh fruits and vegetables "as they become available in the autumn, and either freeze or preserve the excess for winter consumption."

Not only does eating as locally as possible benefit our farmers, it also gives buyers a more environmentally-friendly option.

"Transportation fuel is an issue," said Tom Barnes, owner of T2 Farms Fresh in Comox Valley, adding that eating local is a "green choice."

Locally-grown produce is also healthier.

"Consumers are under the same rules," said Barnes. "Production in South America or China wouldn't be legal or available in Canada."

And according to Bill Stevens from Thomas River Market in Invermere, locally-produced food is fresher.

"If the food is frozen, it is therefore fresh," said Stevens, noting that locally-produced food is not easily tamely depicted as transport.

In a statement, Stevens said oil prices on raising food lead to inflation, which makes green vegetables even more expensive for keeping people as local as possible during these cold months.

"These are greenhouse



PHOTO BY CALLEIGH McLELLAND

Bill Stevens and Leslieanne Chapman show off some of the locally grown produce they grew at Thomas River Market in Invermere. Available items at this time of year include roots and squashes.

products including fruits, vegetables and even restaurants in Waterloo Region such as Borrisdale Grillhouse & Pub in Kitchener.

For more information, pick up a "Buy Local! Buy Fresh!" map from your local farmer's market, or contact the

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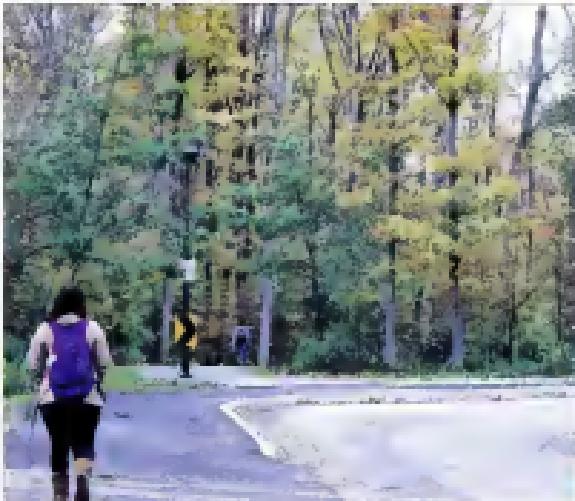


PHOTO BY ANDREW YOUNG

Cambridge students are treated to a blast of colour as they walk to class on the chilly fall morning of Oct. 15. This week, expect cloudy and continued showers with a high of 17°C.

Alzheimer's disease... it's more than you think

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[www.alzheimer.ca/
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